




# Morning Schedule January 2018



|   | Sunday   | Monday   | Tuesday                               | Wednesday                          | Thursday                            | Friday   | Saturday  |
|---|--|--|---------------------------------------|------------------------------------|-------------------------------------|--|---|
| 08:00   | Pilates<br><i>Shany</i> ☺☺   | Conditioning<br><i>Lee Aroch</i>                                   | Pilates<br><i>Chen Saban</i> ☺        |                                    | Vinyasa yoga<br><i>Orit</i>         | Pilates<br><i>Rutt Krinski</i> ☺   | <i>The studio Is Closed on Saturday morning</i>   |
| 09:00   | Stretching 9:30★<br><i>Ruthie Forberg</i> ☺  | Vinyasa yoga 8:30<br><i>Orit</i>                                   | Cond. & Stretch<br><i>Naomi</i> ☺     |                                    | Ballet 9:30<br><i>Michael</i> ☺☺    | Vinyasa yoga<br><i>Avigail</i> ☺<br>Barre au sol<br><i>Sonia Beeri</i> ☺☺<br>Butts + guts<br><i>Naomi</i> ☺☺ |   |
| 10:00   | Conditioning ☺☺<br><i>Naomi</i> ☺☺   | Conditioning ☺☺<br><i>Naomi</i> ☺☺<br>Ballet ★<br><i>Michael</i> ☺ | Conditioning ☺☺<br><i>Naomi</i> ☺☺    | Conditioning ☺☺<br><i>Naomi</i> ☺☺ | Conditioning ☺☺<br><i>Naomi</i> ☺☺  | Stretching<br><i>Vardit</i> ☺<br>Ballet ★<br><i>Sonia Beeri</i> ☺  | <b>B-Kids Dance School for Kids</b><br><br>*Jazz*<br>*Ballet*<br>*HIP HOP*                                     |
| 11:00   | Ballet ★<br><i>Tal Aran</i> ☺☺   |  | Stretching<br><i>Ruthie Forberg</i> ☺ |                                    | Conditioning ☺☺<br><i>Vardit</i> ☺☺ | Interval training<br><i>Naomi</i> ☺☺   |   |
| 11:30   | Pilates<br><i>Daniela</i> ☺  |  |                                       |                                    |                                     | X<br>Step Aerobics<br><i>Gil</i> ☺   |   |
| 12:00   | Jazz 12:30 ★<br><i>Nataly</i> ☺  |  |                                       |                                    |                                     | Jazz ★<br><i>Ruthie</i> ☺☺<br>Pilates<br><i>Hila Davidov</i> ☺   |   |
| 13:00   | <b>STUDIO RENTAL PER HOUR – GET MORE INFO</b><br><b>AT: 03-5237026</b><br><br><b>FOR REHEARSALS</b><br><b>FOR AUDITIONS</b><br><b>FOR FILMING</b> |  |                                       |                                    |                                     | Dancehall 13:15<br><i>Elya Baressi</i> ☺   | From age 4 till 16<br>Turn to the front desk for any info you need 03-5237026<br>or office@studiob.co.il<br> |
|   |  |  |                                       |                                    |                                     | Jazz ★<br><i>Roy</i> ☺   |   |
|   |  |  |                                       |                                    |                                     | Step aerobics<br><i>Gil</i> ☺  |   |
|   |  |  |                                       |                                    |                                     |  |   |
| ☺ - beginners   ☺ - intermediate   ☺ - advanced   ★ - 90 min class   ☺ - long warm up |  |  |                                       |                                    |                                     |  |   |

| <b>Pilates Machines Schedule</b><br><br>Up to 5 students in a class.<br>Registration in advance. |       | Sunday  | Monday  | Tuesday | Wednesday | Thursday | Friday |       |
|--|-------|---------|---------|---------|-----------|----------|--------|-------|
|  | 08:30 | Daniela | Daniela | Daniela | Yamit     | Daniela  | 09:00  | yamit |
|  | 09:30 | Daniela | Daniela | Daniela | Yamit     | Daniela  | 10:00  | yamit |
|  | 10:30 | Daniela | Daniela | Daniela | Yamit     | Daniela  | 11:00  | yamit |
|  | 11:30 |         | Tami    |         |           |          | 12:00  | shany |
|  | 12:30 |         |         |         |           |          | 13:00  | shany |
|  | 16:30 |         |         |         |           |          | 14:00  | shany |
|  | 17:30 |         | shany   |         | Mica      |          | 15:00  | shany |
|  | 18:30 | Dany    | shany   | Tami    | Mica      |          |        |       |
|  | 19:30 | Dany    | shany   | Tami    |           |          |        |       |
| 20:30  | Dany  | shany   | Tami    |         |           |          |        |       |

# Evening Schedule January 2018



|       | Sunday  | Monday  | Tuesday                                     | Wednesday   | Thursday  | Saturday                           |
|-------|---|---|---|---|---|------------------------------------|
| 17:30 | Body Pump<br><b>Vardit</b> ☺                    | Kids Hip hop  | Conditioning<br><b>Vardit</b> ☺☺            |   | Kids Hip hop                                      | Pilates<br><b>Tami</b> ☺           |
|       | Stretching<br><b>Shirly Barbie</b> ☺            | <b>Teenager fitness</b><br>Age 12-15 <b>Lee Aroch</b><br>Ballet 17:00 ★<br><b>Sonia beeri</b> ☺ | Ballet 17:00 ★<br><b>Sonia Beeri</b> ☺      | Ballet 17:00 ★<br><b>Tal Aran</b> ☺                   | Stretching<br><b>Shirly Barbie</b> ☺              | Ballet 17:00 ★<br><b>Ludwig</b> ☺  |
|       |   | Conditioning<br><b>Udi</b> ☺☺   |   | Conditioning<br><b>Iris</b> ☺                         | Step aerobics<br><b>Udi</b> ☺                     | Conditioning<br><b>Udi</b> ☺       |
|       |   | TRX 17:20<br><b>Ruthie</b> ☺  | Vinyasa Yoga<br><b>Orit</b>                 | <b>Teenager fitness</b><br>Age 12-15 <b>Lee Aroch</b> |   |                                    |
| 18:30 | Conditioning<br><b>Vardit</b> ☺☺                | Dance aerobics<br><b>Gil</b> ☺  | Butts & guts<br><b>Vardit</b> ☺☺            | Step aerobics<br><b>Gil</b> ☺                         |   | Stretching<br><b>Neta Oren</b> ☺   |
|       | <b>Ballet - Intro</b><br><b>Shirly Barbie</b> ☺ | Conditioning<br><b>Vardit</b> ☺☺  | Dancehall<br><b>Elya Baressi</b> ☺          | <b>Ballet -intro</b><br><b>Gal</b>                    | <b>Ballet - Intro</b><br><b>Shirly Barbie</b> ☺   | Zumba<br><b>Daniel</b> ☺           |
|       | <b>Jazz - Intro</b><br><b>Ruthie Forberg</b> ☺  | Step aerobics<br><b>Udi</b> ☺   | Step aerobics<br><b>Sahar</b> ☺             | Conditioning<br><b>Naomi</b> ☺☺                       | Step aerobics<br><b>Udi</b> ☺                     | Step aerobics<br><b>Udi</b> ☺      |
|       |   | TRX +Kick<br><b>Lee Aroch</b> ☺   | TRX<br><b>Limor</b> ☺                       | TRX<br><b>Lee</b> ☺☺                                  | TRX & Hiit<br><b>Lee</b> ☺                        |                                    |
| 19:30 | <b>Hop Hip-Intro</b><br><b>Tal Hendelsman</b> ☺ | Kickboxing + Abs.<br><b>Lee</b> ☺☺  | Zumba<br><b>Daniel</b>                      | Jazz<br><b>Ruthie Forberg</b> ☺                       | <b>Jazz- intro</b><br><b>Maayan Travish</b>       | Jazz<br><b>Netta Oren</b> ★<br>X   |
|       | Ballet ★<br><b>Vered</b> ☺                      | Ballet ★<br><b>Maayan</b> ☺   |   | Kickboxing<br><b>Lee Aroch</b> ☺☺                     |   |                                    |
|       | Zumba<br><b>Shiran</b>                          | Step aerobics<br><b>Iris</b> ☺  | <b>Hip Hop-Intro</b><br><b>Sapir Amitay</b> | Pilates<br><b>Neta Oren</b> ☺☺                        | Conditioning<br><b>Lee Aroch</b> ☺                | Hip Hop ★<br><b>Liron Efrati</b> ☺ |
|       | Conditioning<br><b>Naomi</b> ☺☺                 | Modern Jazz<br><b>Ruthie Forberg</b> ☺  | <b>Modern jazz - Intro</b><br><b>Roy</b>    |   | <b>Hip Hop-Intro 19:40</b><br><b>Sapir Amitay</b> | Step aerobics<br><b>Udi</b> ☺      |
|       | TRX<br><b>Lee Aroch</b> ☺                       | Fitball<br><b>Gil</b> ☺☺  | Stretching<br><b>Vardit</b> ☺               | Conditioning<br><b>Naomi</b> ☺☺                       |   |                                    |
| 20:30 | Kickboxing<br><b>Lee</b> ☺☺                     | Hip Hop ★<br><b>Yarden</b> ☺☺   | Hip Hop ★<br><b>Liron Efrati</b> ☺          |   | Lyrical Jazz ★<br><b>Maayan Travish</b> ☺         |                                    |
|       | X   |   |   | Lyrical jazz -Intro<br><b>Neta Oren</b>               |   |                                    |
|       | Twerking<br><b>Nicole</b> ☺                     | TRX<br><b>Lee Aroch</b> ☺   | Pilates<br><b>Bar gal</b> ☺                 | Twerking<br><b>Nicole</b> ☺                           | Zumba<br><b>Shir Fishman</b>                      |                                    |
|       | Lyrical Jazz ★<br><b>Roy</b> ☺☺                 |   | Lyrical Jazz ★<br><b>Roy</b> ☺☺             |   |   |                                    |
|       | Pilates<br><b>Taly Gayer</b> ☺                  |   |   |   |   |                                    |
| 21:30 | Step aerobics 21:00<br><b>Gil</b> ☺             |   | X   | X   | Lyrical jazz 21:00<br><b>Nataly</b> ☺             |                                    |
|       |   | Jazz 21:00 ★<br><b>Maayan Travish</b> ☺   | X   |   |   |                                    |

☺ - beginners ☺ - intermediate ☺ - advanced ★ - 90 min class ⌘ - long warm up

| Single Class | Hours       | 4       | 6       | 8       | 12      | 16       | 24       | 36       | 50       | 75       | 100    | 150    |
|--------------|-------------|---------|---------|---------|---------|----------|----------|----------|----------|----------|--------|--------|
| 60 min - 65₪ | Price (NIS) | 225₪    | 315₪    | 370₪    | 510₪    | 610₪     | 895₪     | 1280₪    | 1720₪    | 2410₪    | 2940₪  | 4050₪  |
| 90 min - 90₪ | Validity    | 1 month | 1 month | 1 month | 1 month | 2 months | 3 months | 3 months | 6 months | 6 months | 1 year | 1 year |

## Open-Pass Memberships

| Price    | 590 shekel | 1680 shekel | 3060 shekel | 5200 shekel |
|----------|------------|-------------|-------------|-------------|
| Validity | 1 Month    | 3 Months    | 6 Months    | 1 Year      |